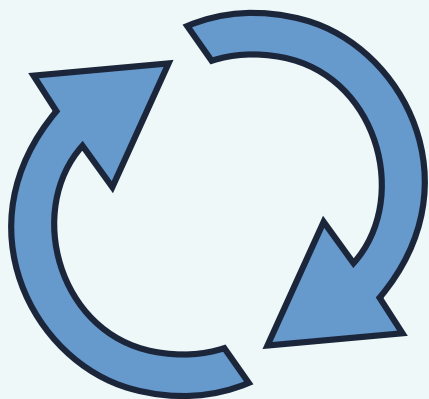


## What Is TimeBanking?

TimeBanking is a way of giving and receiving to build strong support networks. One hour helping another earns one Time Credit. A TimeBank is formed whenever individuals or organizations agree to earn and spend Time Credits to help their neighbors, friends, and the larger community.

TimeBanks can range from small (15 to 20 members) to large (2,000 or more). They can connect with other TimeBanks. Each TimeBank is unique – a reflection of its members, who they are, the dreams they have for their community, and what they choose to offer and receive.



## How TimeBanks Work

Think of a babysitting pool where parents swap childcare services. TimeBanking expands that idea to create networks/ circles of giving & receiving.

Members give their skills, talents, or resources, then spend the TimeBank hours earned to receive help, lessons, companionship, trips etc. in turn. (The possibilities are limited only by imagination!)

Hours earned may also be donated for all kinds of good-cause projects in community.

## Why Choose TimeBanking?

Turning the idea of TimeBanking into the reality of TimeBanking calls for commitment, time, energy, and organizing skills. It requires resources, effort and money.

But TimeBanking has proven its worth. Valuing the contributions of all, it builds community resilience. Building trust through helping acts, it supports community and individual wellbeing.

## How Much Will It Cost?

The short answer is: It depends. For member-led TimeBanks the cost may be almost free. For TimeBanks designed to fulfill a non-profit purpose, the cost will be comparable with other community-oriented programs and projects where the cost of staff salaries and support is the chief factor.

*Visit [TimeBanks.org](http://TimeBanks.org) for more Information.*

## Two TimeBanking Project Examples

- ♦ Seniors receiving food from a food bank earn TimeBank Hours when they prepare after-school sandwiches for children at a local school. The children purchase the sandwiches with TimeBank Hours they have earned as tutors and tutees in the school's after-school tutoring program. It's a "win-win" for all!
- ♦ Young people earn TimeBank Hours by providing entertainment for a community celebration.

## TimeBank Key Tasks

To serve their members, TimeBanks:

- ♦ Log the Time Credits earned and spent by members.
- ♦ Establish the Time Bank's policies.
- ♦ Spread the word and give orientations to new members.
- ♦ Organize events and meetings for members.
- ♦ Work with members to pursue new possibilities.
- ♦ Work with members and sponsoring partners to make sure the Time Bank has the funds and resources it needs to thrive over time.
- ♦ TimeBanks thrive best when these roles and tasks are viewed as a team effort from the start.

## Who Begins TimeBanks?

Individuals, community groups, churches, associations, organizations, agencies. Anyone whose vision includes valuing the contributions of all to build and strengthen community.

